

**Biohazards***Emergency first responders train with new equipment*

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Friday, June 30, 2006

America's Warfighting Center

Vol. 49, No. 26

# Fort Riley Post

**Scoreboard***Company level slow-pitch softball scores and standings*

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**BULLETIN****Henry Drive gate opens June 30**

Work on the Henry Drive bridges are nearing completion and the Access Control Point at Marshall Army Airfield will re-open at 9 a.m. June 30.

Access via Henry Drive will be open to two-way traffic throughout the holiday weekend.

Beginning July 5, two-way traffic will be allowed from 5 to 9 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m., said Ray Coffey, physical security officer at the Provost Marshal's Office.

He said that during non-peak times, the contractor will cut bridge traffic to one lane while work continues. The completion date of the project is unknown at this time.

Marshall Avenue Gate will be closed and locked when the Henry Gate access control point re-opens, Coffey said.

Coffey said the vehicle registration office at the 12th Street access control point will be closed July 7 and will re-open at the Henry Gate access control point, Building 885, at 8 a.m. July 10. He said it will take the work day of July 7 to move the office.

Coffey said the hours for the vehicle registration will be 8 a.m. to 6 p.m. Monday through Friday. The office will be closed on weekends and federal holidays.

**Around the Army****Fort Knox:**

The Turret reported June 15 that a 9-year-old boy was attacked and bitten by a pit bull in the Morand Manor housing area June 7.

The boy was riding his bicycle with his 12-year-old brother near their home when the dog jumped its back yard fence, ran up to the boy, knocked him down and began biting his thigh and side.

Military police responded to the 911 call, and the boy was taken to Ireland Army Community Hospital where he was treated and released. The animal was moved off-post for quarantine immediately following the incident.

For more on this story and other Fort Knox, Ky., news, visit [www.thenewenterprise.com/turret/](http://www.thenewenterprise.com/turret/) on the Web.

**Korea:**

The Pacific Stars and Stripes reported June 28 that merchants near Camp Humphreys have closed their bars and clubs until further notice and will hold daily protest rallies to show their disapproval of Army Col. Michael J. Taliento Jr., the Area III commander.

The merchants contend Taliento has been overzealous in enforcing a rule that allows U.S. military commanders to put a local bar off-limits on credible evidence that it's selling alcohol to underage U.S. servicemembers.

The merchants are owners of bars and clubs in Pyeongtaek's Anjung-ri section.

For more on this story and other U.S. military news in the Pacific and European theaters, visit [www.esrripes.com/](http://www.esrripes.com/) on the Web.

## Post bestows top Soldier titles

By Mike Heronemus

Editor

It took at least 15 minutes for every warrior in the room to shake their hands, but the two Soldiers weren't complaining. They grinned ear-to-ear as each congratulated them on being Fort Riley's best.

Staff Sgt. Randall Eddy, an electronics maintenance supervisor with Company B, 101st Forward Support Battalion, and Pfc. John Hawron, a "Humvee" driver with Bat-

tery D, 1st Battalion, 5th Field Artillery, were named the Post Noncommissioned Officer and Soldier of the Year for fiscal year 2006 at a ceremony June 20 in Riley's Conference Center.

Besides the prestigious titles, the Soldiers left Riley's with several congratulatory gifts from area businesses, including 30 days free use of a new rental car, engraved sabers, engraved replicas of a Colt revolver, engraved eagle statues, \$100 U.S. Savings Bonds, \$50 gift certificates, wrist watches

and commemorative medallions.

Both Soldiers said they would not have done so well in the post board without the help of their spouses.

Eddy said his wife, Rebekah, made sure their children, 2-year-old Christina and 8-month-old Joshua, left daddy alone when he had to study.

"That's a big chore," he pointed out.

Hawron said Aimee, his wife of three weeks, helped him study right before the

See Top Soldiers, Page 7



Staff Sgt. Randall Eddy



Pfc. John Hawron

## 'Boomers'



Soldiers with 2nd Bn., 32nd FA, load a round into an M119A2 howitzer during their first live-fire exercise June 20.

## 2nd Bn., 32nd FA, fires rounds

By Anna Morelock

Staff writer

When the "Proud Americans" heard the word "fire" June 20, it had a different meaning for them. It was the first time the 2nd Battalion, 32nd Field Artillery, Soldiers got to fire live rounds from their M119A2 light towed

howitzers since receiving them in March.

The field problem also marked the first time the unit has collectively been in the field together, said Maj. Robert Picht, battalion executive officer.

Gunner Sgt. Daniel Swiatek, who has experience with howitzers from previous stations, said it was going "pretty good"

for the crews.

Since receiving the first of their howitzers March 10, the Soldiers have been learning the

See Cannons, Page 4

Pvt. Thomas Fasula, 2nd Bn., 32nd FA, carries expended cartridges of some of the first rounds fired on the unit's howitzers.

Post/Morelock



## Team training adds traffic

*Drivers urged to be aware of convoys*

Task Force Dagger  
Public Affairs

Camp Funston and the training areas south of Vinton School Road will continue to see an increase in military vehicle traffic and personnel as the Fort Riley Transition Team training mission conducted by the 2nd Brigade, 91st Division (Training Support) continues.

Drivers may encounter traffic delays along Huebner Road to accommodate military convoys crossing from Camp Funston to the training areas via the intersections at Buffalo Soldier Drive and to the training areas via the intersection at Campbell Hill Road by the new fire station.

To ensure everyone's safety, Col. Raymond Lamb, 2nd Bde. commander, and the Post Safety Office officials, ask drivers to observe all road blocks and pay attention to instructions of road guards along convoy routes.

Transition team training includes mounted convoy operations of three or more vehicles in daytime and nighttime, as well as high speed driver's training and combat driver's training complete with weapons.

Drivers in private vehicles should avoid weaving in and out of convoys, they added.

Casual observers passing training areas may see training they

See Training, Page 4

## 1st Eng. Bn. NCO saves lives; actions earn Soldier's Medal

By Anna Morelock

Staff writer

Sgt. 1st Class Tad Steckler said he was "kind of embarrassed" to be awarded a Soldier's Medal June 23. He said he figured instead of the medal he'd be getting a letter of reprimand for being stupid and jumping into icy Milford Lake last year.

Steckler and his wife Nicole were downloading their four-wheelers at the lake last spring when they realized someone in the water was in trouble. After two other people tried to bring the struggling private first class to

shore and failed, Steckler dove in.

"I thought we were both done," Steckler said of his swim through the water. He estimated the water temperature was just above freezing. Once back on shore, Steckler and his wife got the Soldier to their car and wrapped him in a blanket until emergency workers arrived.

A few days after the lake incident, Steckler once again found himself in a lifesaving situation. The 1st Engineer Battalion Soldier learned a squad was missing when he returned to the tactical operations center during a field exercise. Steckler jumped in a vehicle and backtracked to find

the missing M113 armored personnel carrier flipped over on the

scene. Steckler performed CPR on one of the Soldiers until he could be evacuated from the accident.

Maj. Gen. Dennis Hardy, commanding general, 24th Infantry Division (Mech) and Fort Riley, 1st Eng. Bn. Commander Lt. Col. David Theisen presented Steckler with the Soldier's Medal June 23 in front of the 1st Eng. Bn. headquarters. The Soldier's Medal is awarded to those who distinguish themselves by heroism not involving conflict with an enemy.



Post/Morelock

Maj. Gen. Dennis Hardy (right), commanding general of the 24th Inf. Div. (Mech) and Fort Riley, congratulates Sgt. 1st Class Tad Steckler after pinning on his Soldier's Medal June 23 in front of the 1st Eng. Bn. headquarters. Steckler's family stands beside him after the ceremony.





Members of the Irwin Army Community Hospital decontamination team unfold their new decontamination tent during first responder training June 19.



Jerry Greer and Staff Sgt. Jeremy Clarno hook up the heater for the hospital's new decontamination tent. The decontamination team learned how to set up the new tent during training June 19.

## Emergency crews train on new equipment

By Anna Morelock  
Staff writer

Fort Riley first responders, including firefighters, law enforcement officers and members of the hospital decontamination team, participated in training on more than \$400,000 worth of new equipment June 19-23.

On the first day of training, the decontamination team made up of personnel from Irwin Army Community Hospital learned the ins and outs of their new pop-up decontamination tent. The team carried the small cube of a tent into the IACH ambulance bay and soon had it popped open into a yellow tent that filled the bay. A few minutes later, after assembling the rollers and hooking up fluid hoses, the tent was ready to go.

"It's a learning curve," said Staff Sgt. Jeremy Clarno, decontamination team leader. The new tent will replace an older system that will be kept as a back-up. If team members weren't familiar with the old system, it took a long time to set it up, Clarno said. The new system is fairly easy, "a lot simpler than setting up our old shower," he said.

The tent is a system that's been around for a couple of years and is easy to store, maintain and deploy when needed, instructor Mike Moultrie said. It would be deployed in the event of a chemical release incident so people can be decontaminated before entering the emergency room for treatment. About 500 to 600 people can be sent through the tent in an hour.

The decontamination team practices once a month, Clarno said. The monthly training doesn't always include setting up the shower, but the team will practice

setting it up again in a month or so, he said.

Day two of the new equipment training found the fire department learning about a new \$20,000 Bio-Haz Kit that is used to identify biological agents, such as anthrax. The firefighters used the system to test samples they collected the day before from their back yard, a swimming pool and a restroom at Riley's Conference Center. The system showed the presence of any bacteria, viruses or toxins in the samples.

During the week-long training, the Fort Riley first responders also learned how to use a new system to test for chemical agents and how to properly wear Level C personal protective suits received with the new equipment.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.



Jim Kolch, an instructor from EAI Corporation, shows firefighters Ryan Berney, Cary Booth and Jason Demars how to use a Bio-Haz Kit to identify biological agents and hazards. The kit costs about \$20,000 and is part of more than \$400,000 worth of new equipment Fort Riley received.

Post/Morelock



Pfc. Erika Aller looks on as Spc. Johanna Portee tries out one of the sprayers in the hospital's new decontamination tent.

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# Cannons

continued from page 1

ins and outs of the indirect fire systems. Many of the 2nd Bn., 32nd FA, Soldiers came to the battalion fresh from initial Army training and have been on a high learning curve.

"This is the first field problem for the new guys," Swiatek said. "They're getting into the swing of things, though."

Other members of the battalion, however, have fired this type of light artillery gun. In fact, some have used the same weapons before. Staff Sgt. Jason Farmer, a gunnery sergeant for the unit, was signed for one of the weapons while stationed in Hawaii, where several of the guns were shipped from.

In April, the crews walked through firing drills. Two months later, the crews performed much faster and better, taking seconds instead of minutes to load the weapons that can fire six rounds per minute for the first two minutes.

During their field exercise, six "Proud American" crews qualified on the weapons.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.



Post/Morelock

**Spec. Nate Vaughn and Staff Sgt. Adam Freeman, Btry. A, 2nd Bn., 32nd FA, check coordinates before the crew fires an M119A2 howitzer June 20. The live-fire exercise was the first opportunity for the new brigade's artillerymen to put rounds downrange.**



4th IBCT/Timmons

**Pvt. Brian Tritt, Btry. A, 2nd Bn., 32nd FA, steadies the fuse on a 105mm round while other members of his team scramble to prepare more shells for firing June 20. Tritt's gun fired the first artillery round of the 4th Infantry Brigade Combat Team.**

# Training

continued from page 1

normally don't witness, officials caution.

Mounted patrol operations will include simulated combat actions against an opposing force and contracted Civilians on the Battlefield also operating in the area. Opposing Force personnel and COBs are present to replicate the realism faced by Soldiers on today's battlefield.

Forms of contact will include simulated sniper fire, mortar attacks, civil disturbances, drive-by shootings and ambushes. Blank ammunition, smoke and simulators will be used.

Realistic, theater-based immersion training is emphasized during this training mission, and it is possible the casual observer may encounter OPFOR and COBs wearing clothing

replicating that of Iraqi nationals and role-playing the identities of local security forces, clerics and villagers.

Officials ask that anyone who happens upon a training scenario in the areas south of Vinton School Road try to avoid the training.

In the event a person happens upon such training, Soldiers and role-players in the training scenario will not seek to directly involve anyone outside the scenario, officials said.

For more detailed information about training operations, contact the Task Force Dagger PAO in Building 405 or by calling (785) 239-3524. After normal business hours, contact the 2nd Bde. in Building 1861B at Camp Funston or call (785) 239-2242.

**Is your unit training? Let the editor know. Call 239-8854. Let's talk.**

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2K2 After Dk Video

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# Commentary

Friday, June 30, 2006

Fort Riley Post

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## Riley Roundtable

### This week's question:

How do you recommend people enjoy or celebrate the Fourth of July weekend?



"Have family and friends over and go watch the fireworks. Remember our Soldiers present and past. Have everybody safe."

**Deb Hickins**  
Military spouse  
Hometown: Cuzad, Neb.



"Just barbecuing and watching the kids play in the yard."

**Princeton Jones**  
Custodian, AAFES  
Military Clothing Sales Store  
Hometown: Mobile, Ala.



"Most everybody I know is going home. I think you should go home if you can. Spend it with friends and family. If you can't, get together with whoever is still here for a cookout or something."

**Spc. Kenneth Lawson**  
Cavalry Scout  
HHT, 2nd Squadron, 4th Cavalry  
Hometown: Carrollton, Texas



"The best thing, especially if you're married and have kids, is to celebrate at home. Barbecue. That way, you stay off the roads. Invite friends and neighbors over."

**1st Lt. John McFarland**  
Executive officer  
Co. A, 2nd Battalion, 34th Armor  
Hometown: Houston, Texas



"Hang out with close friends and at least have a barbecue, especially if you can't go home."

**Sgt. Tia Mitchell**  
Assistant NCOIC  
Dental Clinic No. 3  
Hometown: Augusta, Ga.

### Letters to the editor:

Letters to the editor expressing personal opinions may be e-mailed to [mike.heronemus@riley.army.mil](mailto:mike.heronemus@riley.army.mil). Letters must contain no libelous statements or personal accusations. Content may be edited to fit space on the comment page but will not be edited to change the writer's point of view. All letters must include the writer's full name and a telephone number where he or she can be reached to clarify points in the letter.

### By Betty A. Banner

Plans, Analysis & Integration

Many of you are aware that Fort Riley has an electronic customer feedback system called ICE, Interactive Customer Evaluation. This system provides your feedback to a service provider instantly. Within one minute of your submitting an ICE card, your comments are in the service provider's e-mail in-box.

The Army Communities of Excellence survey that was conducted in March indicates that many of you are unaware of the availability of feedback on how customers rate installation services. The ICE system can provide you with this information in two ways.

Once you have accessed the



**Betty Banner**

the number of responses and the percent of people satisfied with the service.

Alternatively, if you open the service categories to the list of service providers, you may notice a box at the far right hand side of the screen. This box gives you a report on that provider that includes the average rating for

Fort Riley ICE page, you can go to the bottom of the page and click on "Service Provider Summary Report." This report will give you an alphabetical listing of all the services,

each question on the card. Both of these report functions are rolling reports that show the most recent 90 days.

ICE is a valuable tool for customers to communicate with service providers, and you are encouraged to provide your comments and feedback. You can access our ICE via a link found on the left hand sidebar of the Fort Riley homepage, [www.riley.army.mil](http://www.riley.army.mil) or go directly to it at [http://ice.disa.mil/index.cfm?fa=site&site\\_id=17](http://ice.disa.mil/index.cfm?fa=site&site_id=17).

You may find the service provider about which you wish to comment by clicking on the category of service which best fits the providers.

You can obtain a complete list of the service providers by clicking on "show all service providers" at the bottom of the

page, if you are uncertain of the category.

In both cases, if you click on the service provider name, you will bring up a comment card. The balloon provides you with information about the service and the reports box tells you about the feedback from others.

ICE is a Department of Defense feedback system that covers all branches of service. The home page at [www.ice.disa.mil](http://www.ice.disa.mil) will allow you to scroll down to Fort Riley or access comment cards for many other installations.

The features discussed in this article are available for each installation.

The Plans, Analysis, Integration Office is the local proponent for this system. You may contact us at 239-2540 if you have questions.

### Letter to the editor

## Biker frustrated about gate access

The price of gas is higher than I have ever experienced it in my 50 short years on this earth. People everywhere are trying to find ways to squeeze every mile out of every gallon they purchase. Some people carpool, some give up their SUVs for smaller vehicles and some of us use a cheap form of transportation that has been around for a long time—a motorcycle.

Many of us have been riding since we were kids. Some of us remember flying down back roads, hair flying behind us, wearing nothing but cut-offs and flip-flops. There's a feeling of freedom not unlike riding with the top down (in a convertible) or riding the roller coaster at an amusement park.

Then maturity creeps in and we realize the need to protect our precious "skin." Now we wear jeans, helmets, protective eye-wear and even sunscreen.

We are an independent lot. We understand there are those who just can't understand our infatuation with cruising on two wheels. We are OK with that knowledge and will not force our opinions on you.

Our frustration has become the discriminatory way in which we are being treated in order to ride our fuel efficient machines to work on Fort Riley.

We're required to wear reflective safety vests, long pants, ankle high boots and full finger gloves to drive to work on Fort Riley on a motorcycle. I accept that.

We're required to take the motorcycle defensive driving course.

I have taken the course and I will admit that it taught me some things I didn't know about how to keep myself out of trouble. I'm glad I took it. It is important that a biker know how to handle their machine. Time in the saddle is the best teacher.

What I don't understand are all the other requirements that may be put on bikers. I don't

understand how putting the number of "CCs" my bike has on my DDC card or checking in at the gate is going to keep me safe.

I have to have a DDC in order to get the Fort Riley stickers for my bike. I am carded at the gate every morning, where they check me for the proper safety attire.

So what is the bottom line? I propose that the people in charge realize that they have a good system in place, one of the best—DDC to get the Fort Riley stickers and requiring specified safety attire—and that they realize they can't control everything.

We ride, and some of us will find ourselves in situations where we get hurt. Some of us will even die. That's the choice we make every time we climb in the saddle. I can live with that and it's OK if you do, too. To my fellow bikers—ride safe.

**Tina M. Gassen**  
Environmental Division,  
Directorate of Public Works

### In response:

Just because the motorcycle has a sticker doesn't mean the rider has a DDC card. Although few, if any, motorcycle owners would lend their bike to someone else to operate, it is a possibility. That's why DDC cards are checked at the access control points.

Also, the commanding general's policy letter states that riders who buy larger bikes than what they had when they took the DDC must take advanced training—the experienced rider's course, for example.

The beginner's course is sufficient for bikes of less than 500cc displacement, but the experienced rider's course is needed to operate bikes of 500cc or more on post.

**Ray Coffey**  
Physical Security Officer

### Grunt By Wayne Udden



### Need to call for help?

**Fort Riley domestic violence and sexual assault response line (24 hours) – (785) 307-1373**  
**Fort Riley Victim Advocate Program – (785) 239-9435**  
**Chaplain – (785) 239-4357**  
**Irwin Army Community Hospital emergency room – (785) 239-7777**  
**Military Police (785) 239-MPMP (6767)**  
**Local Police (on and off post) – 911**

**For confidential, free services, including safe shelter, call The Crisis Center, Inc. (24 hours) – (800) 727-2785**  
**Kansas Statewide Hotline – 1-888-END-ABUSE (363-2287)**  
**National Domestic Violence Hotline – 1-800-799-SAFE (7233)**

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### What are your concerns or suggestions for improvement?

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Your name (optional) and phone number (if you would like to talk about your ideas): \_\_\_\_\_



Limestone rocks mark a traffic circle in the center of a mock Iraqi village at urban cluster site two.

Post/Morelock

## 70th Engineers, 4th Brigade Soldiers build CONEX 'cities'

By Anna Morelock  
Staff writer

Rocks, plywood and CONEX-ES are coming together, with the help of Soldiers from the 4th Infantry Brigade Combat Team and 70th Engineer Battalion, to create mock Iraqi and Afghani villages in several training areas on post.

At site two, several Soldiers from 70th Eng. Bn., set posts in concrete June 13 to form a courtyard for one building. Across "town," other Soldiers finished

doorways. Others cut plywood walls to enclose the courtyards.

The one- and two-story metal shipping-container buildings at site two fan out from a center traffic circle to create the mock village.

After finishing the construction, the villages will be painted tan to look more like villages and less like multicolored building blocks.

Site three also is set up as a village. Site one was built to resemble an Iraqi marketplace.

The villages, or urban clusters, were originally planned to help

train military transition teams for deployment to Iraq but also will benefit other units preparing to deploy to Iraq or Afghanistan, said Maj. Lawrence Shepherd, chief of training.

"It's always important that whatever mission you're going to do in Iraq or Afghanistan to do it prior (to deployment)," Shepherd said, "and a lot of the units deploying don't get the advantage of going to (the National Training Center and Joint Readiness Training Center)."

Incorporating linguists and civilians into the training at the

urban clusters also will help immerse Soldiers in the culture and give them a more realistic scenario before deploying, Shepherd said.

The clusters are scheduled to be used in July with the MiTT training, but should be ready for use by other units at any time, Shepherd said. More urban clusters are scheduled to be built in the future, with a total of 10 eventually standing.

Anna Morelock can be contacted at [anna.morelock@riley.army.mil](mailto:anna.morelock@riley.army.mil) or 239-3032.



Post/Morelock

Construction workers build a set of stairs to a second story CONEX. Stairs, windows and doors were added to the containers to turn them into mock villages for training.

Soldiers assigned to the 70th Eng. Bn. straighten posts and set them in concrete June 13 at urban cluster site two. The posts will be covered to create courtyards in the mock village.

Post/  
Morelock



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# 'Dragon Brigade' picks best

*Pepi, Dorsey first NCO, Soldier of the Year in 4th Brigade*

**By Robert K. Timmons**  
*4th IBCT Public Affairs*

For two Soldiers, it was the culmination of hard work and perseverance.

After studying for hour upon hour, day after day they faced the board and earned the distinction of being the first 4th Infantry Brigade Combat Team's Noncommissioned Officer and Soldier of the Year. They held that title for fiscal year 2006.

Staff Sgt. Juan A. Pepi III, Headquarters and Headquarters Company, 4th IBCT, and Pfc. Jon M. Dorsey, Company A, 1st Battalion, 28th Infantry Regiment, won the honors May 25.

"I felt relaxed," Pepi said about waiting for the board to announce its decision.

"Other participants were pacing around. I wanted to show them that I was (relaxed). That was my game plan — so they look at me and say, 'Wow, he must know what he is doing.' But, once inside, if I lose, I congratulate the winner, and if I win, I still congratulate everyone," he said.

For Dorsey, being named Brigade Soldier of the Year was



*4th IBCT/Timmons*  
**Staff Sgt. Juan A. Pepi III (left) and Pfc. Jon Dorsey stand in front of the 4th IBCT headquarters building after being named the "Dragon Brigade's" first Noncommissioned Officer and Soldier of the Year.**

"by far the best thing that ever happened to me."

The infantryman from Strongsville, Wis., said he didn't win the Soldier of the quarter board because he "shot sharpshooter, while the winner shot expert."

He was asked to compete for

Soldier of the Year anyway, because he was so competitive in all other areas.

"During the brigade Soldier of the Quarter board, Command Sgt. Maj. (Jim) Champagne (brigade command sergeant major) told me to work on my shooting," said the

wiry, red-haired Dorsey, Co. A's radio telephone operator. He said he went back to the range one time before qualifying as expert.

Pepi, a quiet unassuming nuclear, biological and chemical noncommissioned officer, said the honor felt good, but he feels "uncomfortable in the spotlight."

"I never expected to do this," said the father of two from Port Orchard, Wash. "I was there representing my section, my unit, the Brigade Special Troops Battalion. I didn't want to go in there and embarrass myself."

Pepi added that winning the competition wasn't easy.

"I studied every day," he said. "I walked with a study guide, so I could study anytime."

Overall, Pepi said that it was necessary to be prepared.

"The NCO of the Year board was not as hard as some of the other boards," he said confidently.

"After being in a few boards, the questions become repetitive and you become more confident."

Dorsey and Pepi missed the Division NCO and Soldier of the Year competitions, but will represent the brigade at the Big Red One Reunion in Phoenix July 12-16.

## Top Soldiers continued from page 1

post board and helped him get his uniform looking just right.

Eddy said the post board was the hardest board he's appeared before. "Other than the board itself," it was difficult to find time to prepare for it, he said.

Hawron said the post board didn't seem much different than the quarterly board he went before, but it required him to "get out of the study guide and into the regulations."

One question stumped him, Hawron admitted. One member of the board wanted to know what publication governed Soldier support activities in the field, and Hawron didn't know the answer.

But, Hawron said the experience of going before Soldier boards served him well and he would recommend it for others. "It builds confidence in yourself and your ability," he said, and "it helps you develop a good work ethic and attention to detail."

Command Sgt. Maj. Marvell Dean, the 24th Infantry Division (Mech) and Fort Riley command

sergeant major, introduced Lt. Col. Christian Kubik, the division and post public affairs officer as the guest speaker.

He picked Kubik because about two-thirds of the Soldiers appearing before the board said they wanted to pursue their education and were thinking about whether to try for an Army commission.

Kubik spent 84 months as an enlisted Soldier before earning his commission.

He congratulated each of the candidates competing for NCO and Soldier of the Year, saying their actions demonstrated an important aspect of being a Soldier and an officer: taking control of their futures.

"It shows you and others that hard work and dedication pays off," he added, before challenging Eddy, Hawron and the runnersup to "take your squad, platoon and company and make them replicas of you. Make them mini-me's" because they had shown they knew how to be successful.

## HOUSE FILL AD

### HOUSE FILL AD

CANDLEWOOD HEALTH MART PHARMAC  
2 x 2"  
Black Only  
2K2 Candlewood Health

COLLEGE HEIGHTS BAPTIST CHURCH  
2 x 2"  
Black Only  
2K2 College Heights TF

FIRST ASSEMBLY OF GOD-MANHATTA  
2 x 4"  
Black Only  
2K4 First Assembly/God

KPA  
2 x 4"  
Black Only  
your kansas manufactured homes

JUNCTION CITY GENERALS  
4 x 4"  
Black Only  
Generals game schedule

THE MARTIN AGENCY  
4 x 10"  
Black Only  
A6997SR40B PU from 6/23



## Post, Army news briefly

### Fund drive exceeds goal

The Army Emergency Relief fund drive received more than \$136,000 in contributions this year, exceeding the installation's goal of \$60,000.

AER depends on contributions to provide its emergency financial assistance to Soldiers, retirees, their family members, widows and orphans. AER has provided loans and grants since 1942.

AER provides assistance to Soldiers in times of unforeseen crises, such as funeral expenses, medical or dental emergencies, emergency travel, essential household expenses (rent, utilities, food, gasoline) or auto repairs.

Soldiers in need of assistance should contact their commander, battalion financial non-commissioned officer or the AER office at 239-9435.

AER assistance is available after normal duty hours by calling (877) 272-7337.

### Storm water course slated

The Directorate of Public Works has scheduled a Storm Water Pollution Control Course July 6. Two sessions are scheduled, one from 8:30 a.m. to noon and the other from 1 to 5 p.m.

Each session will be held in Room 6, Building 407. Instruction modules are geared toward construction con-

tractor quality control staff, Corps of Engineers construction representatives and Directorate of Public Works engineers and natural resources personnel. For more information or to enroll, call 239-0446.

### Waste, hazmat centers close

The Recycle Center, Building 1980, will close at 11 a.m. July 3.

The Environmental Waste Management Center, Building 1945, and the Hazardous Material Processing Center, Building 1930, will be closed all day July 3.

For more information, call 239-2385.

### RC sponsors dental program

American Red Cross will be offering a Dental Assistance Program July 24 through mid-February 2007 for anyone interested in learning that skill.

Applications are available between 9 a.m. and 3 p.m.

Monday through Friday at the Soldier and Family Support Center, Building 7264. They must be returned to the Red Cross office in the same building by the close of business July 5.

Applicants must be a military ID holder and have graduated from high school.

For more information, call ARC Station Manager Debbi Freeman at 239-1887.

# Combatives put strain on all

## 4th Brigade Soldiers 'fight' to show rest who's best

By Robert Timmons

4th IBCT Public Affairs

Troopers from 2nd Squadron, 4th Cavalry Regiment, 4th Infantry Brigade Combat Team, wrestled with other Soldiers for the honor of being the best during the unit's combatives tournament June 15 at Long Gym.

For Pvt. Michael Morganti, champion of his weight class, said he felt lucky to have beaten Sgt. Brandon Pitts for the title.

"He was the only guy to beat me in basic training," Morganti said.

"I got lucky. The first guy I went up against had bigger arms than me and I thought he had me, but I got lucky and got behind the second guy and beat him," he said.

The tournament was broken down by weight class, and those troopers winning their weight class would advance to the brigade tournament in August.

While Morganti professed to be a relative newcomer to combatives, Pvt. Joseph Musgrave of Troop B and Scott Kay of Troop C said they have been wrestling for years.

"I have had 11 years of submission wrestling," said Kay, who won the 206-pound weight class. "I knew I was going to the finals."

Kay won both of his matches by forcing opponents to submit after putting them in an arm bar.

An arm bar is when one contestant grabs his opponent's limb

using his arms or legs and placing such pressure on it that the combatant must submit.

Combatives is different than judo, jiu-jitsu or wrestling in that there are prescribed movements that must be done.

"In combatives, there is a (standard operating procedure) for everything," Kay said. He added that the objective of combatives is to get the opponent to submit, unlike wrestling, where you are trying to score points.

Participants said combatives is a tough sport.

"It takes a lot of running and cardio work," said Musgrave, who won the 199 to 205-pound weight class. "I didn't do a lot of running before hand, and after my first match I was really tired. In my second match, we went for almost eight minutes until I got him to submit."

Another Soldier agreed that combatives is a good workout.

First Lt. Brent L. Warren said, the "tournament was a huge success because it not only matched troopers against each other in a physically exhausting match but it motivated troopers to take an active part in the Modern Army Combatives Program that is not only great physical training but also reflects the Warrior Ethos and Spirit."

Besides Kay, Morganti and Musgrave, Pfc. Chad Linz, Troop C, 156 to 175 pounds, and Pvt. Aaron Genevie, Troop B, 176 to 195 pounds, won their weight classes.



4th IBCT/Timmons

Sgt. Brandon Pitts (right) of A Troop, 2nd Sqdn., 4th Cav., struggles to escape Pvt. Michael Morganti's choke hold during the Squadron Combatives Tournament June 15 at Long Gym. Morganti, who won the match and his weight class will represent B Troop in the Brigade combatives tournament in August.





# 4th Bde. privates learn to be snipers, lead mortar teams

By Robert Timmons  
4th IBCCT Public Affairs

It's not every day that lower enlisted Soldiers attend a sniper school or the Infantry Mortar Leadership Course, but some 4th Infantry Brigade Combat Team privates have graduated from those courses normally reserved for sergeants or higher ranked noncommissioned officers.

Four privates assigned to Headquarters and Headquarters Company, 2nd Battalion, 16th Infantry Regiment, recently graduated from the Sniper School at Camp Robinson in North Little Rock, Ark. Six other battalion Soldiers graduated from the mortar course at Fort Benning, Ga.

The Soldiers said it was difficult going through the classes as privates.

"They literally called us out in little groups and said, 'Listen, you privates, half of you won't graduate,'" said Pvt. Jon Garcia, who attended the Sniper School with

Pvts. Billy Poulsen and Howard Covey. Garcia remembered being told, "You don't deserve to be here. We wouldn't be surprised if you don't graduate, so don't be surprised if you get sent home."

Garcia said it was hard for him to determine what the most difficult part of the class was. "The whole course was difficult," he said.

## 'Stalking' most memorable training

Some of the Soldiers said they remembered the stalking portion of the class the most.

While stalking, "you can see him (the target), but he can't see you," Poulsen said. "You can't worry about the spiders, ticks and chiggers or the sweat dripping off your face."

Garcia added that some stalking Soldiers were "crawling two hours at a time."

The newly sniper-trained Sol-

diers said the course heightened their senses. "I can say that the course built up my sense of awareness," Garcia said. "You notice things a little more than you did before the school."

Soldiers who attended the IMLC, said that training was just as difficult. "The course was really tough," said Pvt. Derrick Dyer from Silverton, Ore. "There was a lot of information for one day. I think that was because it was designed for noncommissioned officers who have been in the Army so long. But, for privates

just out of basic who had to jump in at one time. It can be a bit overwhelming."

## Training with NCOs 'great opportunity'

"It was a great opportunity to go to school with officers and noncommissioned officers. I had NCOs tell me they were waiting years and years to go, and here we have been in the Army like nine months," said Pvt. Joshua Lehman.

The scope of the course, which

is usually offered to NCOs and officers, is the tactical employment of the infantry mortar platoon, fire support planning, mechanical training and live fire exercises, forward observation procedures, fire direction center procedures maintenance and survey techniques, according to the Fort Benning Web site.

The 4th IBCCT Soldiers agreed the course was important, and they took a variety of things away from it.

"I loved the live-fire exercise," said Pvt. Jeffrey Jaramillo, a 19-

year-old Soldier from San Bernardino, Calif. "It was a great chance to see all the areas come together. It's exciting to see how it all worked out."

For Pvt. Matthew Witte, a 24-year-old Soldier from St. Louis, Mo., learning the new firing systems was "very important." The new systems shave minutes off the time it took to put rounds down range, he said.

"It's all electronics," Witte said. "Basically, you get the message, you acknowledge it and then you send it."

FAITH FURNITURE  
4 x 7"  
Black Only  
4x7 Faith Furn Fashion Show

HAIR EXPERTS  
2 x 5"  
Black Only  
2x5 Hair Experts

ARMED FORCES BANK  
6 x 10.5"  
Blue GX10.5 Armed Forces Bank



## Army's ad agency looks at Fort Riley for campaign

By Alison Kohler  
Comm. Rel. Spec.

Fort Riley may be making a national advertising splash in late October.

McCann-Erickson, the U.S. Army's advertising agency in New York, plans to have new advertising for the Army on television, the Internet and in print at that time, and it will likely contain scenes and Soldiers at Fort Riley.

"We have not been to Fort Riley in any recent memory. The Army is a 21st-century organization. The training and lifestyle on Fort Riley is one we want," said Bill Russell of Army Accessions Command while visiting the post.

Two McCann-Erickson representatives from one location scout from Los Angeles and two Department of Army civilians from Accessions Command visited Fort Riley June 19-22 to ori-

ent themselves with possibilities in the advertising.

"We don't want to portray concepts that are non-supportable," said Ellen Lovett of Accessions Command.

The group visited the post's training simulators, Marshall Army Airfield and Education Services and accompanied two 4th Infantry Brigade Combat Team units during field training. They also toured Main Post, Custer Hill and Directorate of Morale, Welfare and Recreation facilities.

Russell has taken former advertising agencies to posts such as Forts Benning and Stewart in Georgia and Fort Bragg, N.C., but they have decided to use Fort Riley and Fort Lewis, Wash., this time around. Russell said the group will do a similar orientation visit at Fort Lewis after the July 4 holiday.

"The infrastructure and the fact that the 1st Infantry Division

will be here soon is a real plus. The 1st ID has the heritage. You'll have representative units of the way the Army is moving forward," Russell said.

The transition to the Army Combat Uniform has made much of the Army's older advertising outdated. "We have to make sure we show the current uniforms and equipment, or it will be obsolete very quickly," Russell said.

In the next few months, representatives will return to Fort Riley at least twice with a technical director and a director to begin casting and planning shoots.

"The intention is to have new advertising on the air by late October," Russell said.

"In Army advertising, we try to portray the Army as a whole with depth and breadth. (Fort Riley) is on the forefront of transformation in the Army," Russell said.

## Post gets \$750K for buffers

### Fort Riley Public Affairs

Fort Riley will receive \$750,000 this summer to purchase conservation easements from willing landowners on property surrounding the installation.

The money is the result of Fort Riley's Army Compatible Use Buffer program recently receiving final approval by Army headquarters, officials said.

"This is the big milestone that we've been waiting on," said Craig Phillips, Conservation and Restoration branch chief at Fort Riley.

The ACUB Program is an initiative to decrease future conflicts about Fort Riley's intensifying training activities and the locally expanding population. Phillips

said the increased training may lead to noise and smoke complaints that potentially may reduce military training or impose training restrictions to Fort Riley. The Kansas Land Trust will implement Fort Riley's ACUB Program, Phillips said.

He explained that landowners will be offered conservation easements that will restrict development of land adjacent to the post. Land owner participation is completely voluntary, he said.

"We (Fort Riley) have done all we can at this point. The next step is really up to the (Kansas) Land Trust and RDECOM (Research, Development and Engineering Command), the contracting agency, to work out," Phillips said.

Phillips explained this includes the contracts etc.

Public response to Fort Riley's ACUB announcement has been very positive, said Jeff Keating, ACUB program manager.

Since Fort Riley announced this program in late January, the Kansas Land Trust has received 52 inquiries from landowners concerning about 10,500 acres of land.

Of those, 20 landowners submitted conservation easement applications that covered more than 6,300 acres.

"We have a pretty good idea of which pieces of property we want to enter agreements on. That next step is to begin working contractual issues between the agencies," Keating said.

4X4 LAND, INC.  
3 x 2"  
Black Only  
3x2 4x4 Land June TF

JOHNSON, DO, PARRICK  
3 x 4"  
Black Only  
3x4 Rick Johnson June TF

DIRECTOR, MILITARY AFFAIRS  
3 x 10.5"  
Black Only  
Full color PCS to ft. campbell

CENTRAL NATIONAL BANK  
3 x 5"  
Black Only  
3X5 Cent Nat'l Bank

JON MURDOCK AUTO MALL  
3 x 10"  
Black Only  
3x10 Murdock M&M Jun





# Fort Riley Community Life

Friday, June 30, 2006

America's Warfighting Center

Page 11

## Community news briefly

### JROTC cadets earn awards

Junction City High School Junior ROTC cadets attended a Cadet Leadership Challenge Summer Camp at Fort Sill, Okla., June 18-23. Thirteen JCHS cadets were among the more than 600 cadets representing 44 schools from Texas, Oklahoma and Kansas.

Junction City High School Cadets Jacquelyn Apodaca and Mike Treat earned the top cadet award in their respective companies (120-150 cadets each). Apodaca earned second place and Treat earned third place in best cadet competition for the entire camp.

JCHS Cadets Anthony Hurst, Victoria Rodriguez and Angel Thomas were named best cadets in their respective platoons (40 cadets each).

### Schools provide enrollment center

Geary County Unified School District 475, serving Junction City and Fort Riley, will offer new student enrollment centers open weekdays except July 3 and 4 through July 28.

Centers are located at: **Junction City High School**, 900 N. Eisenhower, for grades 9-12, 7:30 a.m. to 3 p.m., call 717-4233. **Junction City Middle School**, 300 W. Ninth St., for grades 6-8, 8 a.m. to 3:30 p.m., call 717-4400.

**Fort Riley Middle School**, 4020 1st Division Road, for grades 6-8, 8 a.m. to 3:30 p.m., call 717-4500. Complete enrollment information is available at [www.usd475.org](http://www.usd475.org) or call 717-4000.

### Special needs rodeo planned

Junction City Special Needs Rodeo will take place at 5 p.m. July 22 at the 4-H Center on Spring Valley Road in Junction City for children 4 years and older.

Activities include:

**Barback Riding** – a specially designed, hand-rocked barback horse for an official 8-second ride.

**Steer Roping** – dummy steers are positioned so the children can use a lariat to rope the steers.

**Bull Riding** – a specially designed, hand-rocked bull is rigged with a bull rope and bull bells.

**Flag Race** – riding a horse to a barrel to get a flag off it. Anyone interested in participating should call 239-9435 by July 10.

### Chaplaincy seeks volunteers

Adult and high school volunteers are needed to help with this year's post-wide Vacation Bible School. Bible school will be 9 a.m. to noon Aug. 7-11 at Morris Hill Chapel.

To volunteer, contact Don Ericson at 239-0979 or [don.ericson@riley.army.mil](mailto:don.ericson@riley.army.mil).

### Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

## 4 days of fun



A Stampede fan takes advantage of the cooling spray provided by Staff Sgt. Ray Willson (driver) and Spc. Tom Davis of the 482nd Engineer Detachment.

## Army firefighters help Stampede cool down

By Lisa Litchfield

Task Force Dagger Public Affairs

Willson and Davis are members of the 482nd Engineer Detachment, an Army Reserve unit that trains at Fort Riley. Together, they decided to bring the truck to Stampede and "see if we could show it off," Davis said.

Stampede officials agreed, but with one condition. "They asked us if we could use our truck to put down water because of how dry and windy it was," Davis said.

Together with the Blue Valley volunteer firemen, they pumped more than

10,000 gallons of water from Tuttle Lake into the truck to accomplish their mission.

Maneuvering a vehicle of that size through crowds is tricky, Davis said, and he admitted that safety was an initial concern as they navigated the grounds. He said the solution was an escort to help with crowd control while traveling slowly enough for people to get out of the way.

Although the water was intended to keep down the dust, it also was refreshing to the crowds as they ran in and out of the spray. "We cooled down the people as much as we kept down the dust," Davis said.

Willson seemed pleased with the results of the day. "Most people don't know there are Army firefighters," he said. "This was good training practice, good publicity."

## Soldiers, families enjoy VIP treatment at Stampede

By Shaina Howard

Task Force Dagger Public Affairs

Fort Riley Soldiers preparing for or just returning from deployment and family members of deployed Soldiers were able to sit back, relax and enjoy County Stampede from the VIP section opening night.

WestLink Communications provided 500 free tickets June 22 as a way to thank them for their service. The night's lineup night included Jason Boland and the Stragglers, Keith Anderson and Gretchen Wilson.

The free tickets for the families were provided because the Soldiers have a tough job, and the families have just as tough of a job, said Rick Pfannenstiel, the company's advertising administrator.

"It was nice to be VIP. It felt good to be pampered a bit while our husbands

### Stampede 2006

See more photos and stories from Country Stampede on pages 13 and 14.

are away for a year. I don't think a lot of us have time for ourselves because we have to take on the extra work and roles that our husbands play now that they are deployed," said Leslie Wilson, one military spouse attending the opening night concert.

Unit commanders thought it fitting to reward their Soldiers by allowing them to take the time off to spend time with their families at the Country Stampede.

"We sent Soldiers in from the field for the event and most attended with a

See VIPs, Page 13

## Health notes

## Control stress, limit weight gain

By Bethany Deschamps

Chief, Nutrition Care Division

The other day, a patient came into my office for assistance with weight loss. I asked her what she typically ate in a day and this is what she reported:

Breakfast was nothing but coffee on the way to work. She usually never has time to eat breakfast.

Lunch was usually just a bag of pretzels and diet coke from the vending machine. She was too busy to leave the office for lunch. About 2 p.m. she would have a bag of M&M's or potato chips (sometimes both).

After work she would prepare dinner. She often snacked as she cooked. Her portion sizes at dinner were very large. She reported that was because she was so hungry from not eating all day.

A few hours after dinner, she would have a large bowl of ice cream or a half dozen cookies.

Her typical diet and lifestyle is not uncommon, and it is what many nutrition professionals would call the "stress" diet. Controlling stress is important for



## FOR YOUR HEALTH

good health and prevention of weight gain. A colleague of mine said it best, "Stress can kill you, and it will, but before it does, it will make you fat."

Stress is connected to weight gain in a few ways. Thousands of years ago, when the human body became stressed, it usually meant a famine, and it worked very hard to increase fat storage to survive famine. It released two hormones, insulin and cortisol, in great amounts. These two hormones assist the body with fat storage, especially around the mid section. They also inhibit fat release from fat storages.

In today's society, stress is not caused by famine, but the body reacts just the same. Also, stress causes the body's appetite to increase. This also is directly related to a famine. The body

wants to consume as many calories as possible before a famine sets in.

The "stress" diet reflects all of the problems with stress and weight gain.

First, stress levels are high and no food has been consumed since the night before. The body is registering there is stress and there is famine. It releases insulin and cortisol and prepares to increase fat storages.

On top of no food, coffee is consumed, which is a stimulant to the nervous system. This stimulant further increases levels of cortisol and insulin. High levels of cortisol and insulin increase cravings for fat and sugar, two types of food that help increase fat storages.

When the body finally eats, it

See Stress, Page 13

## Neighborhood offices open July 1

### Picerne Military Housing

Picerne Military Housing begins its 50-year partnership and business plan to rebuild, renovate, maintain and manage on-post family housing July 1.

The Community Development and Management Plan Congress approved April 28 for Fort Riley family housing calls for each neighborhood to have its own management and maintenance staff conveniently located in each neighborhood.

Setting up neighborhood offices will allow Picerne to address housing issues quickly. To better serve the families and make services readily available, the 13 existing neighborhoods have been reduced to six, making customer service more man-

ageable.

The Residential Communities Initiative (RCI) office and Picerne identified vacant homes that have been converted into Neighborhood Offices. This is where the neighborhood man-

agers, maintenance supervisors and their teams are located.

The Neighborhood Offices will be open for business July 1. Picerne Military Housing is sponsoring an

open house and barbecue from 11 a.m. to 2 p.m. that day at each Neighborhood Office for all families living on-post. Plans include grilling hot dogs and providing chips, cold drinks and cookies for all residents to enjoy.

See Picerne, Page 12





# FRMS announces 6th, 6-week honor roll

Fort Riley Middle School officials have announced the names of students making the Principal's Honor Roll and the Trooper Honor Roll for the last six weeks period of the school year.

Students earning a spot on the Principal's Honor Roll must have attained a 3.5 grade point average or higher with no C's on their report card.

Students earning a spot on the Trooper Honor Roll must have attained a 3.0 to 3.49 grade point average with no more than one C on their report card.

## Principal's Honor Roll

### 6th Grade

Troy Adams  
Jocelyn Aguilar  
Kendra Baskin  
Clarissa Bohrer  
Shade Bornemann  
Jonathon Boyd  
Davis Broadwater  
Hannah Bullard  
Brandika Cadenhead  
Tara Chapman  
Courtney Clyde  
Christian Cole  
Abigail Ebersole  
Johnathan Filatrault  
Michelle Freeman  
Jaelen Gadson  
Kayla Haack  
Rowan Harris  
Gregory Hang  
Ashley Herra  
Joseph Hill  
Damaris Jimenez  
Kally Johns  
Precious Laupati  
Matthew Lee  
Aishi-Shamika Lockhart  
Caroline Michael  
Taylor Nagle  
Christian Nott  
Kretchen Olmeda  
Evergreen Osa  
Blake Parker  
Taylor Pittard  
Hunter Postier  
Tevin Raines  
Josiah Robinson  
Vittoria Rose  
Mootafao Salu  
Nicole Santiago  
Katherine Seigel  
Elijah Skimmer  
Christopher Valladolid  
Collyn Vazquez  
Clayton Vermeesch  
Michelle Westerman  
Elizabeth Yeast

### 7th Grade

Annelise Apodaca

PRAIRIE HAWG CYCLE &  
LEATHER,  
1 x 1.5"  
Black Only  
1x1.5 Prairie Hawg June

Erik Baker  
Katelyn Callahan  
Ryan Cooper  
Rebecca Dirks  
Christopher Fortin  
Elizabeth Grammel  
McKenzie Hardy  
Jawan Herron  
Brendan Higinbottom  
Staci Holabek  
Connor Howard  
Zachary Jones  
McKenna Kelly  
Hillary Konken  
Joseph Lammon  
Melissa Leurguez  
Cindy Malone  
Amanda Mcclroy  
Alexis Miskewish  
Orel Moran  
Kiara Ocasio  
Ian Palmer  
Andrew Reinhardt  
Ashley Rogers-Floro  
Samantha Satterlee  
Valerie Serna  
Bettina Smith  
Hanna Sul  
Samantha Vespy  
Kenaura Warren  
Frankie Zachar

### 8th Grade

Danielle Adams  
Jocoby Adams  
Justin Baubitz  
Brooke Beasley  
Daris Benton  
Taylor Berry  
Zachary Buchmeier  
Alonzo Cordova  
Samatha Courts  
Bria Damsby  
Darnekka Davila  
Jade Dwellley  
Joshua Eckel  
Gabriella Gadson  
Malik Giles  
Cassandra Glenn  
Jeffrey Graham  
Shannon Grammel  
Kylee Gray  
Tara Haag  
Jazmene Hartage  
Megan Hertel  
Brittany Hitchcock  
Morgan Holmes  
Taylor Johnson  
Angela Joyner  
Sydney Krueger  
Christian Kubik  
Victor Link  
Jessica Lower  
Kalla Mann  
Keith Meiners  
Shannon Michaud

### MEMORIAL HOSPITAL ABILENE

1 x 2"  
Black Only  
1x2 Heartland Lasik

Matthew Miller  
Emmanuel Cockrell  
Alyssa Crowell  
Leah Griggs  
Erin Gyran  
Ellie Keene  
Leah Kundel  
Natalie Kundel  
Brittany Lavalleur  
Johathan Lindquist  
Skyeler Lopez  
Kasha McDougald  
Julie Miller  
Courtney Paige  
Austin Parton  
Trevor Pond  
Zachary Sankey  
Dylan Soper  
Ashley Thomas  
Samantha Vanriper

## Trooper Honor Roll

### 6th Grade

Shamiece Banks  
Shabazz Brumfield  
Angel Burnside  
Garret Cackley  
Eric Dixon  
Kyle Dyson  
Jacob Elliott  
Mark Emmer  
Nicole Farver  
Chris Fernandez  
Medina Gregory  
Oscar Hall  
Austin Hansen  
Wesley Hatfield  
Jordan Lahip-Ramell  
Terrance Miller  
Alyssa Moening  
Mackenzie Moser  
Lauren Moss  
Michael Pappal  
Jermaine Phillips  
Taylor Popple  
Dylen Raastad  
Cayleigh Sanders  
Jose Sierra  
Matthew Solis  
Brendan Steward  
Derrick Swanson  
Isaac Taylor  
Paul Theriault  
Alex Thompson  
Justin Trunck  
Joshua Tutman  
Dakota Wagenblast  
Alexander Weaver

### 7th Grade

John Balch

### FIRST PRESBYTERIAN CHURCH

1 x 2.5"  
Black Only  
1x2.5 1st. Pres June/FF

### 8th Grade

Meshawn Armstrong  
Tyler Barnes  
Antonio Baskin  
Alexander Bertucci  
Mikela Brown  
Karla Castro  
Michela Dycus  
Casey Elliott  
Ellie Fry  
Samantha Hernandez  
Darren Hobson  
Jerrad Hoferman  
Anthony Kozelski  
Madeline Kundel  
Lanica Lawrence  
Emily Lewis  
Leanna Ludington  
Johnathan Padgett  
Esteban Perez  
Michael Reynolds  
Shamiece Ruiz  
Stephanie Samaniego  
Michelle Savitski  
Austin Shepherd  
Kayla Soper  
Johathan Sparlock  
Brent Stroh

### TYME OUT

1 x 3"  
Black Only  
1x3 Tyme Out Lounge Ad

### FELDKAMPS HOME FURNISHING

3 x 10.5"  
3x10.5 RED Feldkamps 50%

## Picerne

continued from page 11

Neighborhood Offices will be located at the following addresses:

**Ellis Heights** – 44864-1 Roosevelt Street, phone 717-2252 or fax 717-2253

**Colyer Manor** – 3011 Craig Avenue, phone 717-2255 or fax 717-2256

**Main Post** (encompasses Whitside and Marshall Field – 159 Huebner Road, phone 717-2240 or fax 717-2241)

**Warner Heights** (encompasses Warner Heights and South Warner Heights) – 6369 Hampton Place, phone 717-2246 or fax 717-2247

**Peterson Place** (encompasses O'Donnell Heights, Peterson Heights and Montherth Heights) – 5157 Ewell Street, phone 717-2249 or fax 717-2250

**McClellan Place** (encompasses Meade Heights, Burnside Heights and McClellan Heights) – 6718-1 McClellan Loop, phone 717-2243 or fax 717-2244

Picerne representatives encourage residents to stop by their Neighborhood Office for refreshments and to meet their neighborhood management and maintenance team.

## Picerne launches Web site

Picerne Military Housing assumes responsibility for the management and maintenance of family housing on Fort Riley on July 1. To coincide with the move, Picerne is launching a Web site with information for current and future residents. The Web address is [www.rileypicerne.com](http://www.rileypicerne.com).

The new site offers information on the post's six neighborhoods, development plans and construction strategy. Residents can also download forms, e-mail work order requests and find out about activities taking place on post and in surrounding communities.

Rileypicerne.com is scheduled to be live June 30.

### PATRICIA'S UNDERCOVER

1 x 4"  
Black Only  
1x4 Patricia's June TP

### VERNON JEWELERS

1 x 4"  
Black Only  
1x4. verson.clock.6/29.07081k





## Stress continued from page 11

usually goes for foods high in fat and high in sugar. At the point of eating, cortisol and insulin levels are still high and much of the calories consumed are welcomed into fat storage.

To prevent unwanted weight gain related to stress, it is important to focus on stress management and diet. Be cautious of dietary supplements that claim to reduce cortisol levels, abdominal fat, etc. These supplements' claims are usually not based on research and currently there is no pill proven to reduce cortisol levels or abdominal fat.

Having a good diet is critical when trying to prevent weight gain from stress. Cortisol and insulin increase cravings for fat and sugar. Eating regular meals every three to four hours, especially breakfast, will help keep the body more satisfied and food cravings under control.

Also, as long as the body is receiving nutrients, it registers that there is no risk for famine, and fat storage increase due to stress is minimized.

Be sure to make good food choices and keep plenty of high fiber, low fat, low sugar snacks

available, such as fruit, non-fat yogurt, low-fat string cheese, low-fat snack crackers, and low-fat cottage cheese.

One of the best ways to manage stress is exercise. Exercise releases hormones called endorphins, which help combat the effects of stress.

To prevent weight gain, strive for at least 30 minutes of activity most, if not all, days of the week. To lose weight, the goal should be 60 to 90 minutes, most, if not all, days of the week.

Another way to manage stress is to find ways every day to deal with stress. Deep breathing, deep muscle relaxation, meditation and yoga are great techniques to provide a distraction to any stressful environment and may be helpful in alleviating build up of cortisol and insulin. Strive to perform one of these techniques for at least 20 minutes each day.

Remember, stress can create a myriad of health problems, including weight gain. A good diet and proper stress management can help minimize the negative physical side effects of stress. Be sure to control your stress. Don't let it control you.

## VIPs continued from page 11

spouse or fellow Soldiers," said Lt. Col. Michael Higginbottom, commander, 1st Battalion, 34th Armor.

Many of the Soldiers who attended are preparing to deploy and were grateful for the chance to spend some quality time with their families.

"This was a great way for me and my family to do something together before I deployed for a year," said Pfc. William Backer, 1st Battalion, 16th Infantry. "The whole experience tonight has been great."

"It was a good chance for the spouses to get out of the house for an evening and enjoy themselves. Some chose to take their little ones, and some wanted an evening to themselves. Either way, everyone seemed to enjoy themselves," Wilson said.

"I know that the Soldiers and their families were very excited about receiving the tickets, especially since most were out in the field all week," said 1st Lt. Edward Ziembinski, 1st Bn., 16th Inf., 1st.

Spc. Nick Hyatt was one of the Soldiers attending the opening night show. He claimed that, for

him, "music [was the] best thing."

Soldiers and family members got to be up close and personal with the artists in the VIP section. "We had great seats right in front of the stage," Wilson said.

"The reaction from the Soldiers has been extremely positive and grateful for the chance to attend. Soldiers said the seats were fantastic," Higginbottom said.

WestLink Communications set up a booth to allow family and friends to record a free video to say hello to their deployed Soldiers. Pfannenstiel said many of the artists who performed at the Country Stampede also stopped by to send their greetings to the Soldiers.

The greetings will be compiled on a DVD and the finished video will be sent to Fort Riley for distribution. A Web site will allow the messages to be viewed by the general public, Pfannenstiel said.

"It was a great time for us to come together, enjoy an evening out and honor the hard work of our deployed and deploying spouses," Wilson said.



Spc. Nick Hyatt, 1st Bn., 16th Inf., takes advantage of his VIP status to enjoy music by Keith Anderson June 22.

Task Force Dagger PA/Litchfield

DAILY UNION  
6 x 15.5"  
Black Only  
Service Directory



Task Force Dagger PA/Litchfield  
Pottawatomie County Sheriff Greg Riat speaks with Cpl. Joshua Rose, IHHD, 97th MP Bn., before patrolling the Country Stampede grounds.

# MPs, sheriff's office work side by side

By Zachary Shumway  
Task Force Dagger Public Affairs

Fort Riley's military police extended their beat to Tuttle Creek State Park and the Country Stampede June 22-25. In recent months, the MPs have been present with courtesy patrols in Aggieville, the college district of Manhattan. The patrols represent a joint effort between community law enforcement and Fort Riley to maintain order and promote responsibility among Soldiers.

Pottawatomie County Sheriff Greg Riat said he requested MP assistance at the Country Stampede music festival because they had a successful experience working together at previous Country Stampede concerts.

"Working with the military police is a tremendously positive experience," Riat said. "They are

very professional and a privilege to work with."

Riat said he wanted everyone to have a safe enjoyable time at Country Stampede. "By having the military police here, we make that a little more achievable." Soldiers don't mind dealing with the local police, he said, but "when Soldiers see the military police, they straighten up. This is probably because they know who to call to get them in trouble, and we don't."

Cpl. Emerson Sullivan, 116th Military Police Company, was one of the Soldiers who helped patrol Country Stampede. "Our job out here is to provide a show of force," he said. "We want to make sure Soldiers stay safe."

Sullivan said the presence of military police at local events helps cut down on blotter incident reports. "Soldiers see our brassard, and it almost automatically

stops them from doing something detrimental to their careers," he said.

"Soldiers seem to have less regard for civilian law enforcement agencies, and we are here to remind them of their duties as Soldiers," Sullivan said.

Sgt. Cody Sentell, 300th Military Police Company, is a liaison officer who has conducted several courtesy patrols with the civilian law enforcement in Manhattan.

"We are not out here (at Country Stampede) to harass anyone. We are not here to give tickets. We are here to make sure Soldiers make it home safely."

The military police have no jurisdiction off post and are not allowed to go "hands on" with anyone unless they are physically threatened, Sentell said. The military police are trained in interpersonal skills, such as voice projection control, a non-violent way of

getting attention, he said.

During Country Stampede, the military police walked shoulder to shoulder with members of the Pottawatomie County Sheriff's Department. They patrolled the concert grounds, bike paths and campgrounds that surrounded the concert area.

Sullivan said he enjoyed working with the Pottawatomie County Sheriff's Office. "From the beginning, they said 'what's ours is yours,' and provided us with food. For us, this was pretty cool," he said. "Working with other law enforcement agencies validates us as law enforcement officers."

Riat said he looked forward to working with Fort Riley's Military Police on future endeavors. "It has been a positive experience having them out here. It has been a huge help."

# Army volunteers team up to make Stampede successful

By Lisa Litchfield  
Task Force Dagger Public Affairs

Stampede President Wayne Rouse said civilians are a big part of his operation, but if he has something really big to accomplish, something that takes a lot of people, he calls in his Army volunteers.

"If they say they are going to be there in formation at 8 a.m. they are," Rouse said. "They work until the job is done."

In its 11th year, Country Stampede has been partnered with the military for volunteers for the past 10 years. One of the leading suppliers of manpower, according to Mick McCallister, volunteer coordinator for the event, is the 101st Forward Support Battalion.

Of about 425 volunteers, McCallister estimates that 80 percent are connected to the military. He said Soldiers, spouses and family members all participate in this event.

In exchange for the Soldiers' service, Country Stampede makes a donation to the charity of choice for the 101st FSB.

"This is the largest fundraiser for the 101st Support Battalion," McCallister said. The unit gets to choose where the donation would be best served, and McCallister said that in the past it has gone into unit funds, the Family Readiness Group and the Wounded Soldiers Fund.

It takes about 2,800 manhours to set up and tear down the Country Stampede grounds, and Rouse said the military volunteers really make a difference.

"They do a great job of setting a work ethic," he said. "They are more of a team."

Part of this year's team were Spcs. Frank Giger and Reuben Gutierrez of the 331st Signal Company.

Giger and Gutierrez helped set up and served beverages.

"We volunteered to work the in-between shifts for tickets and food," Giger said.

McCallister explained that vol-

unteers get VIP treatment as well. Volunteers receive concert tickets that are "as close as any VIP," he said. He also explained that each volunteer received "two meals a day and a Stampede T-shirt to work in."

Gutierrez and Giger said they appreciated the chance to get out and work in the community, meet people from new places and enjoy a different style of music.

Both Soldiers thought being in the public eye in a service position was good for community relations.

"They get to see that we are

helping," Gutierrez said.

This helps "to show extra effort outside of work," Giger said, and added that he appreciated "how friendly the people are."

According to the Soldiers, another person who made a big difference for them was Sgt. 1st Class Raymond Michaud, their noncommissioned officer in charge.

The Soldiers cited Michaud as an outstanding NCO who cares about Soldiers.

"NCOs should support [Soldiers] by working with them,

which is what he does," Giger said.

"He's out here every day working with us. That shows leadership," Gutierrez added.

Capt. Robert Smith, 101st FSB S3, said the Country Stampede

staff was great to work with, and he enjoyed the joint effort. "They bent over backward for us," he said.

Smith confirmed that the Country Stampede donation would go into the battalion MWR

fund and FRG account. He also commented on the good relationship between Country Stampede and the 101st FSB.

"This thing is huge," he said. "To be a part of that is wonderful."



Task Force Dagger PA/Litchfield  
Spec. Frank Giger, 331st Sig. Co., perfects his pouring ability during his Country Stampede volunteer shift.

CAPITOL PLAZA HOTEL 1 x 6" Black Only 1x6 Cap Plaza June TF	STATE FARM INSURANCE 1 x 6" Black Only 1x6 Junghans June/TF	WOMEN'S AGLOW LIGHT- HOUSE 1 x 6" Black Only 1x6 Women's Aglow
--	--	--

DAILY UNION  
3 x 8"  
Black Only  
Hit it here- Generals games

THE PATHFINDER 1 x 4" Black Only 1x4 Hiking Pathfinder	KPA 2 x 2" Black Only new futures
	MANHATTAN SHOE REPAIR 2 x 2" Black Only 2x2 Men Shoe Ripple Sole
SALINA POWERSPORT 3 x 2.5" Black Only 3x2.5 Salina Powersport	



# Fort Riley Sports & Recreation

Friday, June 30, 2006

America's Warfighting Center

Page 15

## Sports news in brief

### Complimentary tickets offered

The Kansas City Wizards Major League Soccer organization has offered some complimentary tickets to active duty servicemen and women for the 7:30 p.m. game against the Los Angeles Galaxy July 1 Arrowhead Stadium. The tickets are available through Fort Riley's ITR, Building 6918 across the parking lot from the main PX.

For more information, call ITR at 239-5614 or 239-4415.

### Soccer camps scheduled

Junction City High School summer soccer camps will be conducted in July on Filby Field on 14th Street in Junction City.

Girls soccer for grades 9-12 will be from 8:30 to 11:30 a.m. July 10-14. Cost is \$15. Co-ed soccer for grades 3-8 will be from 8:30 to 11 a.m. July 17-21. Cost is \$15. Co-ed soccer for grades K-2 will be from 6 to 7 p.m. July 10-14. Cost is \$10.

Boys soccer for grades 9-12 will be from 3 to 6 p.m. July 17-21. Cost is \$15.

Co-ed soccer for ages 4-6 will be from 6:30 to 7:30 p.m. July 17-21. Cost is \$10.

Camps will be supervised by Coach Lara Staker. She can be contacted at larastaker@usd475.org or 717-4200, extension 5881.

Application forms are available at youth services on post and the YMCA, Twelfth Street Community Center, Screen Machine and the high school athletic department in Junction City.

### Challenger soccer camp set

At high school pre-season soccer training program sponsored by Challenger Sports is scheduled for July 24-28 at the Junction City High School soccer field on 14th Street between Eisenhower and Westwood in Junction City.

Sessions will be conducted from 8 to 11 a.m. and from 4 to 7 p.m. for students in grades 8-12. Cost is \$50.

Applications are available at youth services on post and the YMCA, Twelfth Street Community Center, Screen Machine and the high school athletic department in Junction City.

Applications should be sent to Edgar Torres, 1015 Skyline Drive, Junction City, KS 66441.

# Tracking her future

## Student runs toward scholarship

By Jack Lee

1st Mob. Det.

The daughter of a Fort Riley first sergeant is running into the record books of Junction City High School and keeping the post office running by delivering brochures from colleges around the country.

DeAngela McDougald, 17, a senior, has been running and competing since seventh grade, while her family was living in Kentucky.

Even as a middle school student she competed at the high school level and won the 400-meter dash state title as an eighth-grader.

"Recruiters thought she was a senior," said her dad, 1st Sgt. Forika McDougald, Medical Department Activity. "She's always been a pretty eager kid, working hard at all she does."

"Since seventh grade, track and field has been 90 percent of my life," DeAngela said. She's lettered in track every year she's competed.

Besides spending two to three hours a day training, she maintain a 4.0 grade point average and ranked in the top five percent of her junior class.

She holds the 200- and 400-meter dash records at JCHS. After setting the 400-meter record last year, she keeps bettering her time. Running in a recent meet, DeAngela broke the state 200-meter record in the preliminary but pulled her left hip flexor and didn't compete in the finals.

"I tried to run through the injury, but kept pulling it. I didn't know how bad it was. Luckily, it was just a level 1 sprain and I will have a complete recovery."



DeAngela McDougald stretches before a run. The Junction City High School senior has been running and competing since seventh grade and has an eye on the 2012 Olympics.

1st Mob. Det./Lee

DeAngela said.

After a break for recovery, she was back training for the AAU Missouri Valley Championships. She went on to win the 200- and 400-meter races, breaking a 23-year-old record in the 400 meters.

Fueling her competitive spirit and the drive to excel on the track, she knows there will probably be college recruiters there watching, and she wants to be in top form for the trials.

Throw in another big event July 1 for promising high school seniors and the pressure can become overpowering. That's the day college recruiters can call and make voice contact.

"The challenge of keeping all of this together is sometimes overwhelming," DeAngela said. "Some days the emotions come out, but I know all the hard work is worthwhile."

That hard work has already been recognized. She's received more than 100 brochures from colleges around the country.

DeAngela favors some colleges but has not narrowed her choice to one. "I think her top 10 (colleges) change on a daily basis," her father said.

DeAngela's parents attended Auburn University on track scholarships but will support whichever college she chooses. "We are not going to push her toward any particular college," said her mother and coach, Fawn McDougald.

The education is the first thing," her father said. "The word 'student' comes first in 'student-athlete'."

They said they will help her look at the total package of the college and not just the sports program. Students only get five campus visits.

As a high school student, DeAngela favors English, "I like to write," she said. In college, she's thinking about majoring in psychology. "I like the interaction with people."

But for now, she's concentrating on recovering from her injury and running in Indianapolis. She's almost back at a 100 percent and feels she is ready to compete.

Although she is grounded in the here-and-now, she has one eye on the 2012 Olympics. "I would watch her run as a child," her dad said. "I knew then she was special, but we waited for her to come to us with the desire to run. My wife and I knew that we couldn't force track and field on any of our children."

DeAngela has the desire and talent. "I definitely have a competitive drive. 'I don't like to lose,' she said."

## Army marksmen win 11 medals

Army News Service

FORT BENNING, Ga. — Six Soldiers of the U.S. Army Marksmanship Unit, one Army Reservist, a Navy Reservist and a West Point cadet brought home medals from the 2006 USA Shooting National Championships the middle of June.

In the Men's Air Pistol competition, Sgt. 1st Class Thomas A. Rose of the USAMU got the Gold Medal. Rose also received the Silver Medal in the Center Fire Pistol match and the Bronze Medal in the Standard Pistol contest.

This was the first USA Shoot-

ing National Championship title for Rose, who only started competing in international pistol last year, and he won the Gold Medal by 5/10ths of a point.

"I was very happy; it was a tough match," Rose said. "I went into the finals tied for first place but it went down to the last shot. I had to shoot a 10.1 or better to secure the win because I had a 9/10ths of a point lead. I just focused on shooting and what I had to do, and I got the win."

USAMU's Staff Sgt. John C. Ennis won the Gold Medal in the Rapid Fire Pistol match. Two-time Olympian Sgt. 1st Class Daryl L. Szarenski of the

USAMU received the Silver Medal and Ennis got the Bronze Medal in the Men's Free Pistol Championship.

Two-time Olympian Sgt. 1st Class Jason A. Parker of the USAMU won the Gold Medal in Men's Air Rifle. Army Cadet Christopher Abalo of the U.S. Military Academy at West Point won the Junior Men's Air Rifle Championship.

In the Men's Three-Position Free Rifle competition, Parker received the Silver Medal and two-time Olympian Sgt. 1st Class Thomas A. Tamas of USAMU brought home the Bronze.

See USAMU, Page 19

## Shooters hit bull's eye

By Paula J. Randall Pagan

Army News Service

FORT BENNING, Ga. — For military competitive shooters, there were more than plaques and marksmanship badges on the line at the 47th annual Interservice Pistol Championships; there were also bragging rights.

The Army Team from the U.S. Army Marksmanship Unit won it all. The USAMU won all the team matches in the Interservice Pistol Championships.

The U.S. Army Marksmanship Unit hosted the 47th annual Interservice Pistol Championships Matches at Phillips and Parks

ranges June 10 to 16. Nearly 80 members and 12 teams of the Armed Services — active duty, Reserve and National Guard — participated.

"Everybody is here because they want to one-up the other services; bragging rights are important," said USAMU Commander Lt. Col. David J. Liwanag at the Pistol Awards Ceremony. "But shooting is serious business. It's important that after the competition you go back and train other Soldiers, Sailors, Airmen and Marines."

The Army Marksmanship Unit Blue Team of Sgt. 1st Class Roger

See Champs, Page 19

COTTONWOOD THEATERS  
1 x 3"  
Black Only  
1x3 Cottonwood JuneTF

LAKESSIDE MARINE  
1 x 3"  
Black Only  
1x3 Lakeside Marine

THURSTON LAW FIRM, CHTD.  
2 x 3"  
Black Only  
2x3 Thurston Law Firm

COLORTYME-EQUITY ENTERPRISES,  
2 x 3"  
Black Only  
2X3 Colortyme Ad

FIRST SOUTHERN BAPTIST  
2 x 2"  
Black Only  
2x2 1st. South Baptist

ACADEMY, INC.  
4 x 2"  
Black Only  
4x2 Academy Cars JuneTF





# Softball scores, standings

## Northern League Standings

(as of April 27)

Team	W	L
HHC, 3rd BCT	0	9
Co. C, 1st Bn., 41st Inf	2	5
Co. C, 1st Bn., 13th Armor	8	1
Co. A, 2nd Bn., 70th Armor	6	4
Co. C, 2nd Bn., 70th Armor	3	7
Btry. C, 4th Bn., 1st FA	7	6
Svc. Btry, 4th Bn., 1st FA	6	7
Co. C, 70th Eng. Bn.	11	2
Co. B., 125th FSB	6	5
596th Sig. Co.	4	8
HHC, 2nd Bn., 16th Inf.	5	5
2nd Sqdn., 4th Cav	10	0
Btry. A, 2nd Bn., 32nd FA	2	3
Co. A, 610th BSB	1	9
Co. B, 610th BSB	5	5
Co. C, 610th BSB	11	0
Co. D, 610th BSB	7	1
Co. E, 610th BSB	7	6
Co. F, 610th BSB	1	6
Co. G, 610th BSB	8	3
HHC, 4th IBCT STB	0	0
24th Trans. Co.	7	2
2/2 HET	4	5
172nd Chem. Co.	3	7
1st Maint. Co.	5	5
3/362 Armor, 2/91st	4	3
CGMCG	0	1

## National League Scores

### June 19

Headquarters and Headquarters Company, 2nd Battalion, 16th Infantry won by forfeit over Company A, 610th Brigade Support Battalion  
Co. D, 610th BSB defeated HHC, 2nd Bn., 16th Inf., 13-8  
2nd Squadron, 4th Cavalry defeated Co. C, 610th BSB, 19-6  
Company C, 70th Engineer Battalion defeated Headquarters and Headquarters Company, 3rd BCT, 15-3

### June 20

2nd Sqdn., 4th Cav. defeated Btry. C, 4th Bn., 1st FA, 24-4  
HHC, 2nd Bn., 16th Inf. defeated 596th Signal Company, 11-7  
Co. E, 610th BSB defeated HHC, 2nd Bn., 16th Inf., 15-9  
Company B, 125th Forward Support Battalion, defeated Company C, 1st Battalion, 41st Infantry, 12-11  
2nd Sqdn., 4th Cav., defeated Co. B, 610th BSB, 23-6  
Co. E, 610th BSB won by forfeit over Co. A, 610th BSB  
Co. B., 610th BSB defeated 596th Sig. Co., 16-10  
Co. B., 125th FSB defeated Headquarters and Headquarters Company, 3rd Brigade Combat Team, 9-5

Co. D, 610th BSB won by forfeit over 3rd Battalion, 362nd Armor/2nd Brigade, 91st Division  
24th Transportation Company won by forfeit over Co. C, 610th BSB

### June 21

24th Trans. Co. defeated Co. E, 610th BSB, 11-5  
2nd Sqdn., 4th Cav., defeated Co. B, 125th FSB, 9-8  
Co. C, 70th Eng. Bn., won by forfeit over HHC, 2nd Bn., 16th Inf.

### June 26

Co. E, 610th BSB, defeated Btry. A, 2nd Bn., 32nd FA, 18-16  
Service Battery, 4th Battalion, 1st Field Artillery defeated Btry. A, 2nd Bn., 32nd FA, 18-5  
596th Sig. Co., defeated Co. C, 1st Bn., 13th Armor, 14-11

## American League Scores

### June 19

Battery B, 1st Battalion, 5th Field Artillery defeated Headquarters and Headquarters Company, 1st Engineer Battalion, 14-6  
72nd Engineer Company defeated 111th Sapper Company, 25-16  
111th Sapper Co. defeated Headquarters and Headquarters Detachment/Company A, 101st Forward Support Battalion, 24-8

Forward Support Company, 1st Eng. Bn., defeated Btry. B, 1st Bn., 5th FA, 12-11  
72nd Eng. Co. defeated FSC, 1st Eng. Bn., 15-7  
41st Engineer Company defeated HHD/Co. A, 101st FSB, 15-3  
41st Eng. Co. defeated 72nd Eng. Co., 15-14  
111th Military Police Company defeated Headquarters and Headquarters Company, 1st Brigade Combat Team, 11-2  
MEDDAC/DENTAC defeated Co. B, 101st FSB 14-13  
Co. B, 101st FSB defeated Headquarters and Headquarters Company, 2nd Battalion, 34th Armor, 13-9  
HHC, 2nd Bn., 34th Armor defeated MEDDAC/DENTAC, 17-8

June 20  
FSC, 1st Eng. Bn., won by forfeit over HHC, 1st Eng. Bn.  
41st Eng. Co., defeated FSC, 1st Eng. Bn., 13-6  
Co. A, 2nd Bn., 34th Armor defeated 10th Air Support Operations Squadron, 7-4  
Co. A, 2nd Bn., 34th Armor defeated 116th Military Police Company, 25-3

### June 21

41st Eng. Co. defeated Headquarters and Headquarters Company, 24th Infantry Division, 16-13  
Co. B, 101st FSB defeated 41st Eng. Co., 16-6  
FSC, 1st Eng. Bn., won by forfeit over Co. B, 1st Bn., 34th Armor,  
Co. B, 101st FSB defeated 111th Sapper Co., 14-2  
HHC, 24th Inf. Div. defeated 111th Sapper Co., 10-7  
Headquarters and Headquarters Detachment, 97th Military Police Battalion won by forfeit over HHC, 1st Eng. Bn.  
HHC, 1st Eng. Bn., won by forfeit over Co. B, 1st Bn., 34th Armor  
10th ASOS defeated HHC, 1st BCT, 14-13  
10th ASOS defeated 15th Finance Bn., 9-8

forfeit over Co. B, 1st Bn., 34th Armor,  
Co. B, 101st FSB defeated 111th Sapper Co., 14-2  
HHC, 24th Inf. Div. defeated 111th Sapper Co., 10-7  
Headquarters and Headquarters Detachment, 97th Military Police Battalion won by forfeit over HHC, 1st Eng. Bn.  
HHC, 1st Eng. Bn., won by forfeit over Co. B, 1st Bn., 34th Armor  
10th ASOS defeated HHC, 1st BCT, 14-13  
10th ASOS defeated 15th Finance Bn., 9-8

### June 26

Co. B, 1st Bn., 16th Inf. Nationals defeated Co. C, 1st Bn., 34th Armor, 12-5  
Co. C, 1st Bn., 16th Inf., defeated 72nd Engineer Company, 20-2  
Battery B, 1st Battalion, 5th Field Artillery, defeated 72nd Eng. Co., 14-11  
HHC, 2nd Bn., 34th Armor, defeated Co. B, 1st Bn., 34th Armor, 20-12  
111th Sapper Co., defeated 15th Finance Co., 13-10  
HHC, 1st Bn., 34th Armor, defeated 111th Sapper Co., 19-9  
MEDDAC/DENTAC defeated Headquarters and Headquarters Company, 1st BCT, 14-1  
Co. C, 1st Bn., 16th Inf., defeated Co. A, 2nd Bn., 34th Armor, 38-12  
41st Eng. Co. defeated HHC, 1st BCT, 16-7  
15th Finance Co. defeated 41st Eng. Co., 9-6

## American League Standings

(as of April 27 )

Team	W	L
HHC, 1st BCT	3	10
Co. B, 1st Bn., 16th Inf.	10	1
Co. B, 1-16th Inf. Nationals	1	0
Co. C, 1st Bn., 16th Inf.	11	1
HHC, 1st Bn., 34th Armor	7	1
Co. B, 1st Bn., 34th Armor	2	5
Co. C, 1st Bn., 34th Armor	1	11
Btry. B, 1st Bn., 5th FA	8	5
Btry. D, 1st Bn., 5th FA	6	2
HHC, 2nd Bn., 34th Armor	11	3
Co. A, 2nd Bn., 34th Armor	8	3
HHC, 1st Eng. Bn.	4	13
FSC, 1st Eng. Bn.	8	11
111th Sapper Co.	6	11
41st Eng. Co.	7	6
72nd Eng. Co.	5	6
HHD/Co. A, 101st FSB	2	8
Co. B, 101st FSB	8	4
D Tip, 2nd Sqdn., 4th Cav	3	1
HHC, 24th Inf. Div. (Mech)	4	7
15th Fin.	1	8
977th MP Co.	2	2
MEDDAC/DENTAC	9	2
10th ASOS	6	3
116th MP Co.	6	5
HHD 97th MP/PAO	1	1

## Battalion League Standings

(as of April 27)

Team	W	L
1st Eng. Bn.	1	5
2nd Bn., 34th Armor	5	1
MEDDAC/DENTAC	4	2
610TH BSB	2	4

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## CLASSIFIED ADS





## CLASSIFIED ADS





## USAMU

continued from page 15

Tamas got the Silver Medal and USAMU's Lt. Col. Robert E. Harbison, a 1996 Olympian, the Bronze, in the Men's Free Rifle Prone match. USAMU gunsmith Glenn R. Sulser was the Senior Champion, and Abalo got the Silver Medal in the Junior Championship.

Army Reservist Staff Sgt. Libby Callahan won the Gold Medal in the Women's Sport Pistol Championship, and Navy Reserve Petty Officer 2nd Class Sandra Uptagrafft took the Bronze Medal.

Callahan, a three-time Olympian, also got the Bronze Medal in Women's Air Pistol.

The USAMU hosted the USA Shooting Rifle and Pistol National Championships June 11-18 at the Pool International Shooting Complex and Phillips Range, USA Shooting, the national governing body for Olympic shooting sports in the U.S., conducted the competition.

The USA Shooting Shotgun National Championships will be June 24-July 2 at the Olympic Training Center in Colorado Springs, Colo.

## Champs

continued from page 15

C. Jacobson, Staff Sgt. Adam E. Sokolowski, Sgt. Robert S. Park II and Spc. Sean P. Watson took the Interservice Pistol Team Championship by 29 points over the second place team from the Marine Corps.

The U.S. Marine Corps Scarlet Team of Gunnery Sgts. Brian H. Zins and Richard T. Gray, Sgt. James A. Ruiz Jr., Cpl. Zachary D. Benes and Cpl. Ben R. Footer finished 25 points ahead of the third place team — the U.S. Army Marksmanship Unit Red Team of Staff Sgts. Robert M. Mango and Gregory S. Wilson, Sgt. Timothy M. Barber and Spc. Michael S. Gasser.

Army Individual Ready Reservist Staff Sgt. James M. Henderson of Festus, Mo., who set a new match record, won the Interservice Pistol Individual Championship, followed by Zins in second place and Sokolowski in third.

This was the fourth time Henderson won the Pistol Interservice Championship; he was also the winner in 2002, 2003 and 2004.

The Army Marksmanship Unit Blue Team of Jacobson, Sokolowski, Park and Watson won the Service Pistol Team Championship June 15.

The U.S. Marine Corps Scarlet

Team of Zins, Gray, Benes and Footer took second place. The

U.S. Army Marksmanship Unit Red Team of Mango, Wilson, Barber and Gasser finished third. Henderson won the Service Pistol Individual Championship; Zins was second and Sokolowski third.

The Army Marksmanship Unit Blue Team of Jacobson, Sokolowski, Park and Watson won the .45-Caliber Team Championship June 14. The U.S. Marine Corps Scarlet Team of Zins, Gray, Benes and Ruiz took second place.

The U.S. Army Marksmanship Unit Red Team of Mango, Wilson, Barber and Gasser finished third.

Henderson won the individual .45-Caliber Championship, followed by Zins in second place and Park in third.

USAMU's Spc. Michael S. Gasser won the Excellence in Competition Match; Marine Sgt. Matthew C. Walsh was second and third place went to Army Sgt. 1st Class Johnny W. Long of Fort Bragg, N.C.

The Army Marksmanship Unit Blue Team of Jacobson, Sokolowski, Park and Watson won the Center Fire Team Championship June 13. The U.S.

Marine Corps Scarlet Team of Zins, Gray, Ruiz and Footer finished 19 points behind in second place and the All-Guard Gold Team of Maj. Scott A. Willocks, Master Sgts. Eric P. Schaffer and Joseph A. Urish and Staff Sgt. Michael R. Suttle took third.

Seven-time national pistol champion Zins of the U.S. Marine Corps Weapons Training Battalion of Quantico, Va., won the Center Fire Individual Championship. Sokolowski came in second and USAMU's Sgt. 1st Class Eric G. Daniels finished third.

The U.S. Army Marksmanship Unit Red Team of Mango, Wilson, Barber and Gasser won the .22-Caliber Team Championship June 12.

The Army Marksmanship Unit Blue Team of Jacobson, Sokolowski, Park and Watson took second place. In third place was the U.S. Marine Corps Scarlet Team of Zins, Gray, Benes and Footer.

Henderson won the .22-Caliber Individual Championship. Zins took second and Gray took third.

Zins won the Interservice Pistol NRA 2700 Individual Championship, which was an aggregate of the .22-Caliber, Center Fire and .45-Caliber Championships. Zins'

score of 2,662 points with 140 X's (an X is a bull's eye and is used to break ties) beat out Henderson, who took second place with 2,662 points and 125 X's. Park came in third with 2,648 points and 137 X's.

On June 11, Zins won the NRA Warm-Up Match, followed by Gray in second place and Sgt. Jason P. Hedrick of the Marine Reserves in third.

The winner of the Combat Pistol Team Match June 16 was the U.S. Army Marksmanship Unit Red Team of Mango, Wilson, Barber and Gasser with a score of 643 points.

The U.S. Marine Corps Reserve Team of Hedrick, Master Sgts. Terry G. Edelman and Kenneth D. Lane, and Sgt. Kevin L. Moore took second place with a score of 614.

In third place with a score of 591, was the All-Guard Gold Team. Shooters were Air National Guard Maj. Scott A. Willocks, Air National Guard Master Sgts. Eric P. Schaffer and Joseph A. Urish, Army National Guard Sgt. 1st Class Ralph E. Young and Air National Guard Staff Sgt. Michael R. Suttle.



Courtesy photo  
Sgt. 1st Class Thomas A. Rose of the U.S. Army Marksmanship Unit earned the Gold Medal in the Men's Air Pistol competition, USA Shooting National Championships June 11-18.

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# Travel & Fun in Kansas

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America's Warfighting Center

Friday, June 30, 2006

## Leisure time ideas

### Junction City:

**What:** Sundown Salute. Carnival, concerts, fun activities, demonstrations, youth stage productions, petting zoo, fireworks displays.

**When:** June 30-July 4

**Where:** Heritage Park downtown, Junction City Little Theatre on 18th Street

**Cost:** Most activities free, carnival charges for rides, ICLT charges admission

...

**What:** Seventh annual Bluegrass and Old Tyme Music Festival. Performers include Judy Coder and Pride of the Prairie, Whitehouse Harmony, The O'Brien Family, Ready Brothers, Thad Beach, Fresh Green Grass, Pastense and Midnight Flight. Camping sites available.

**When:** July 28-29

**Where:** Milford State Park, 7 miles northwest of Junction City by Milford Lake

**Admission:** \$15 July 28, \$20 July 29, \$25 for weekend pass.

**Phone:** Milford State Park information available at (785) 238-3014. Performance information available at (785) 762-4995. For reservations, call (785) 238-3655.

### Manhattan:

**What:** Manhattan Fourth of July. Swim free at CiCo pool, bungee run, watermelon feed, carousel, free arts and crafts, face painting, tricycle race, tractor pull, concerts, fireworks

**When:** July 4, activities start with Kiwanis pancake feed at 7:30 a.m., City Band concert at 6:30 p.m., Muzzi reggae band at 8 p.m., fireworks at 9:45 p.m.

**Where:** All activities are in CiCo Park

**Admission:** Free

...

**What:** Little Apple Jazz Festival. Annual Jazz festival featuring local talent and nationally acclaimed artists. The lineup will be headlined by Kathy Kosins, the Queen City Jazz Band, the Doug Talley Quartet, Watermelon Slim and the Bottom Line Band.

**When:** July 8, 5 to 10:45 p.m.

**Where:** Larry Norvell Band Shell, 11th Street and Leavenworth Street

**Phone:** (785) 532-7326

**Web site:** <http://www.k-state.edu/upe/jazzfest06.htm>

### Atchison:

**What:** Tenth annual Amelia Earhart Festival. July 14 evening lakeside concert features Trace Adkins and Jo Dee Messina. Activities July 15 include a 2K/8K Fun Run, arts and crafts fair, carnival rides, food vendors, two entertainment stages, and more.

**When:** July 14-15

**Where:** 200 S. 10th St.

**Phone:** (913) 367-2427 or (800) 234-1854

**Web site:** <http://www.atchisonkansas.net>

## Fun in the 'Ville



Post/Paulson



Post/Paulson

Aggieville, about 30 minutes from Fort Riley's main post, in Manhattan offers fun for families and friends looking to party.

## Aggieville offers family fun, nightlife, good eats

By Heidi Paulson  
KSU intern

MANHATTAN, Kan. — The area known as Aggieville is jam-packed with fun and interesting things to do during the day and at night. During spring and fall semesters, students at Kansas State University roughly double the population of Manhattan, making it officially a college town. Yet the 'Ville, as residents refer to it, is full of shopping, entertainment, food and fun for all ages all year round.

Manhattan is about 15 miles from Fort Riley's Main Post, making it less than a 30-minute drive.

For families, the 'Ville offers quirky shops, a variety of cats and an atmosphere different from the streets of nearby Junction City. Eli and Kim Martinson, a local family, were on their way to the Speedwash Laundromat across from Longhorn's Saloon on Moro Street recently. They wheeled their 16-month-old son Ethan in a stroller while Kim's twin 5-year-old sisters, Nicole and Ashlynn Aikins, strolled beside them.

"We're just headed to do laundry, but we came to Aggieville a lot," Eli said. "After laundry, we're going to take the kids over to Scaly Dave's so they can see the pets there. We also like to rent DVDs from the Digital Shelf and eat at Chipotle. The Hibachi Hut is also great to eat at, except for when they have a band playing, because then it's just too loud."

Coldstone Creamery offers mix-ins with its freshly made ice

cream, creatively named menu items and a song for each tipping customer. The fun atmosphere helps families with children feel comfortable coming in and sitting down for a sweet, cold treat.

Acme Gift sells fresh-cut exotic flowers, cereal dispensers, special clocks and lots of silly, light-hearted items. But beware, low open shelves bear items for sale that are perfect for little hands to grab.

Thread is a custom T-shirt shop that offers same-day turnaround to the tune of \$15 to \$18.50 per T-shirt. While a lot of its business comes from pub-crawl and Greek-life orders, they fill requests for birthdays and individual sayings. A fun and unique T-shirt can be made to commemorate a fun afternoon, usually within an hour.

If there's a reader in the family, The Dusty Bookshelf beckons. It offers used books at reasonable prices, most costing between \$5 and \$15. Thirteen comfortable chairs and a piano bench surrounded with lighting good for reading offer places to sit, relax and entertain the children.

For those craving the nightlife, the 'Ville is prime for pub crawls. Rusty's is a favorite spot for Spc. Heath Urban, an infantryman; Spc. Michael Coleman, a fueler; and Pvt. John Wayne DeBord, a scout, all assigned to 1st Battalion, 16th Infantry.

"What's good about Rusty's are the wells, cheap drinks, scenery and the women," Urban said. "It's my number one favorite place; second would be Silverado's because its dance floor is always crowded."

Compared with West Virginia, Kansas is completely missing the club scene, DeBord said. "But Rusty's is where it's at — there's a mixture of everything."

"You've got your non-smoking bar, country area, a place to shoot pool and another for hip-hop," he said. "There's some-

thing for everyone."

The 'Ville also offers popular bars such as Kite's Bar and Grill, Joe's Tap Room, O'Malley's, Auntie Mae's Parlor and the Purple Pig. If you like country music, check out Longhorn's Saloon.

R.C. McGraw's is a popular

place for an older country-music loving crowd. It's located on Tuttle Creek Boulevard.

"Also, Porter's is a chill-out place that's good for relaxing," DeBord said. "By far the best place to go after the bars close is Gumbly's. They make the best good cheese sticks ever."

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